

Indiana University - Purdue University Fort Wayne Opus: Research & Creativity at IPFW

2003 IPFW Student Research and Creative
Endeavor Symposium

IPFW Student Research and Creative Endeavor
Symposium

4-15-2003

The Effects of Mental States, Psychotropic Medications, and Herbal Supplements on Sleep and Dream Parameters.

Kristen L. McMillen-Dodd

Indiana University - Purdue University Fort Wayne

Follow this and additional works at: http://opus.ipfw.edu/stu_symp2003

 Part of the [Psychology Commons](#)

Recommended Citation

Kristen L. McMillen-Dodd (2003). *The Effects of Mental States, Psychotropic Medications, and Herbal Supplements on Sleep and Dream Parameters.*

http://opus.ipfw.edu/stu_symp2003/5

This Presentation is brought to you for free and open access by the IPFW Student Research and Creative Endeavor Symposium at Opus: Research & Creativity at IPFW. It has been accepted for inclusion in 2003 IPFW Student Research and Creative Endeavor Symposium by an authorized administrator of Opus: Research & Creativity at IPFW. For more information, please contact admin@lib.ipfw.edu.

The Effects of Mental States, Psychotropic Medications, and Herbal Supplements on Sleep and Dream Parameters.

Kristen McMillen-Dodd

Amy J. Silvestri, Lesa R. Vartanian and Brenda Lundy

Department of Psychology

Indiana University-Purdue University Fort Wayne

This study investigated the effects of mental states, psychotropic medication, and herbal supplements on sleep and dream parameters. The purpose of the present study was to measure dream parameters in individuals who have been using herbal supplements, and to replicate and expand on previous findings that dream parameters are correlated with depression, anxiety, the use of antidepressants and anti-anxiety medication. Participants self-reported their dream characteristics, anxiety, depression, medication, and herbal supplement usage. The results demonstrated that state and trait anxiety and depression scores were related to measures of dream intensity, but not to dream frequency. In subjects taking Selective Serotonin Reuptake Inhibitors (SSRIs), there was a significant relationship between depression score and dream frequency. Subjects taking herbals had similar dream intensity scores to the SSRI group, but had higher levels of trait anxiety than all other groups. This suggests that anxiety, depression, and antidepressants are each uniquely related to dream parameters, and that herbal supplements may act like SSRIs on dream parameters.